

Spinach



Spinach Facts

- Did you know there are three different varieties of spinach? (*The three varieties are Flat or Smooth Leaf, which has smooth leaves, Savoy, which has curly leaves and Semi-Savoy, which has slightly curly leaves.*)
- Spinach originated in ancient Persia, which today is known as Iran.
- The consumption of spinach in the U.S. has been on the rise over the last several years? (*The popularity of this vegetable has increased as a result of the triple-washed, cello-packed spinach and baby spinach.*)
- New Jersey ranks 3rd in spinach production in the country.
- Spinach is rich in iron and vitamins A, C and K. (*Iron transports oxygen to your cells. Vitamin A is important for cell growth, for fighting off diseases and for good vision. Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron. Vitamin K keeps your blood healthy.*)
- Spinach contains phytochemicals (*pronounced "fight-o-chemicals"*), which help protect themselves from insects and help protect your health too.
- You can prepare spinach as a salad, a hot vegetable, a creamy soup, a soufflé, add it to vegetarian lasagna or combine it with cheese as a stuffing for ravioli, among other things.
- Spinach can contain a lot of grainy dirt particles and, therefore, should be washed thoroughly and gently to avoid tearing the leaves.
- The United States is the second largest producer of spinach in the world? (*China is the largest producer.*)
- California, Arizona and New Jersey are the top spinach producing states.

